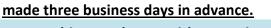
ELDER NUTRITION PROGRAM

Barnstable County APRIL 2024

Reservations & Cancellations must be





Menu subject to chang		Main Of	ffice in S. Dennis: 508-3	94-4630
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Ham with Honey-Garlic	Chicken Breast with	Shrimp w/Tomato Cream	Meatloaf	Chicken Breast Alfredo
Glaze(694)*	Balsamic Plum Tomato	Sauce(582)*	with Gravy(258)	with Fettuccini(527)*
Butternut Squash(0)	Sauce(447)	Br.Rice&Quinoa Pilaf(86)	Mashed Potato with	Kale, Corn, &
Green Beans(2)	Creamy Polenta(14)	Broccoli(9)	Gravy(161)	Red Pepper(16)
Wheat Roll(135)	Spinach(110)	Wheat Roll(135)	Carrots(43)	Garlic Toast(350)
Pudding(135)	Wheat Bread(135)	Chocolate Cake(182)	Wheat Bread(135)	Pears in tray(5)
	Fresh Banana(1)	MOD:Lorna Doones(147)	Fresh Apple(1)	
650 cals; 1121mg sodiun	734 cals; 862mg sodium	838 cals; 1149mg sodiun	721 cals; 753mg sodium	823 cals; 1053mg sodium
8	9	10	11 COLD PLATE	12
Swedish Meatballs	"Fenway" Frank(540)*	Beef Stew(169)	Chicken Salad(98)	American Chop Suey
with Egg Noodles(434)	Baked Beans(140)	Brussels Sprouts(12)	Potato Salad(187)	with ground turkey &
Beets & Collards(81)	Zucchini &	Biscuit(310)	Tomato-Corn Salad(11)	parm garnish(289)
Wheat Roll(135)	Red Peppers(3)	Pudding(135)	Hawaiian Burger Bun(120)	Broccoli(9)
Strawberries in tray(2)	LS Hot Dog Bun(140)		Lorna Doones(147)	Cornbread(180)
	Fresh Grapes(2)		-	Apple Slices in tray(10)
	Mustard pkt(55)		Beef & Barley Soup(215	
			for cong dining only	
721 cals; 807mg sodium	801 cals; 1035mg sodiun	788 cals; 781mg sodium	874 cals; 718mg sodium	738 cals; 643mg sodium
15 SITES CLOSED	16	17	18	19
	Beef Stroganoff(175)	Chicken Breast	Omelet with	Stuffed Shells with
	Mashed Sweet	Bruschetta with	Mozzarella(472)	Beef Bolognese
	Potato(35)	Orzo(530)*	Home Fries with	& parm garnish(558)*
	Green Beans(2)	Tuscan Veg(35)	Onions & Peppers(54)	Kale & Braised
	Wheat Roll(135)	Garlic Toast(350)	Zucchini & Tomato(178)	Beans(195)
	Pound Cake(240)	Fresh Banana(1)	Blueberry Muffin(180)	Wheat Bread(135)
	MOD:Lorna Doones(147)			Mango in tray(0)
PATRIOT'S DAY	829 cals; 742mg sodium			657 cals; 1043mg sodium
22	23	24 COLD PLATE	25	26
Braised Beef with	Rosemary Garlic	Egg Salad(239)	Potato Pollock(330)	Unstuffed Pepper Bowl
Veg(70)	Chicken Breast(388)	Artichoke Couscous	Cheesy Grits(190)	with ground beef, rice, &
Baked Potato(6)	Mashed Potato(134)	Salad(167)	California Veg(17)	cheddar(182)
Broccoli(9)	Veg Medley(12)	Cole Slaw(70)	Wheat Roll(135)	Spinach(110)
Wheat Roll(135)	Wheat Bread(135)	Hawaiian Burger Bun(120)		Cornbread(180)
Banana Cake(260)	Fresh Banana(1)	Fresh Grapes(2)	Tartar Sauce pkt(85)	Apple Slices in tray(10)
MOD:Lorna Doones(147)		Wild Rice&Turkey Soup(12	25)	
Sour Cream pkt(9)	C74 cale: 025mg andium	for cong dining only	720 salas 002ma sadisum	075 color C27mg codium
29	674 cals; 825mg sodium	o44 cais; 755mg soulum	Thank you for your	ors cais; os ring souluin
Chicken Breast with	S0 Roast Turkey	In order to reduce	voluntary donation	
Peach Sauce(351)	with Gravy(563)*	sodium at this meal,	of \$4.00 per meal	
Brown Rice & Beans(60)	Roast Potato(120)	you may want to save	towards actual	
Green Beans &	Butternut Squash(0)	items such as bread,	cost of \$12.35	
Red Pepper(3)	Wheat Roll(135)	milk, or dessert & have	<u>LOSE OF \$12.33</u>	
Wheat Bread(135)	Dried Cranberries(2)	them with another	*indicates item w/ more	
Yogurt(50)	in Single-Serving Box	meal or snack.	than 500mg sodium.	12:2107
	732 cals; 975mg sodium	mout of shuch	Shan 550 mg 50utum	
NUTRITION INFO: Total calories (cals) & sodium are for the ENTIRE meal, including margarine & milk.				
Each item is followed by mg of sodium in parentheses. Margarine adds 30mg; Milk adds 125mg sodium.				